



# River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

[rivervalley.ksu.edu](http://rivervalley.ksu.edu)

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Extension District



## How to Control Bagworms

**June 11<sup>th</sup> 2019**  
**7:00 PM**

4-H Building- NCK Free  
Fairgrounds

901 O Street  
Belleville, KS 66935

Come join River Valley  
Horticulture Agent Kelsey  
Hatesohl to learn about  
Bagworms

Study their life cycle and  
learn the methods for control

**RSVP to Washington Office**  
**785-325-2121 by June 10<sup>th</sup>**

**K-STATE**  
Research and Extension

River Valley  
District

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact John Forshee, 785-632-5335 Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.

## DEADHEADING ANNUAL AND PERENNIAL FLOWERS

Are you looking for a way to increase the amount of flowers you get on your plants? Are you tired of the one and done flowers? Have you ever tried deadheading your plants? Some plants will bloom more profusely if the old, spent flowers are removed. This is a process called deadheading.

Annual plants especially, will focus their energy on seed production after they have flowered once instead of on producing more flowers. If you remove old flowers, the energy normally used to produce seeds will be used to produce more flowers.

Perennial flowers can also benefit from deadheading and it will increase the length of the blooming season. However, some gardeners enjoy the look of spent flowers of perennials such as sedum or purple coneflower. The seed produced is a good food source for birds.

Deadheading will not help all plants produce another round of flowers. Some plants that don't produce flowers again are 'Autumn Joy' sedum, impatiens, most flowering vines and periwinkle. These plants only produce one round of flowers whether you deadhead them or not. It's totally up to you as the gardener on whether you like the look of the spent blooms or if you'd rather take them off.

Plants that do increase bloom production in response to deadheading include geraniums, petunias, marigolds, snapdragons, roses, blanket flowers, and zinnias. These are just a few in a long list of annual and perennial flowers that will bloom repeatedly if you deadhead them.

Deadheading is easily accomplished and doesn't take much time to complete. With some plants, pinching the bloom between a thumb and finger will pop off the spent blooms. Others will be a bit tougher and will need pruning shears to remove the blooms. Deadheading can increase the length of the gardening season, but it is up to you the gardener on whether you choose to deadhead your plants.

## MULCHING TIPS

Now is the time of year when people are thinking about mulching their landscape beds. Mulching is an important gardening practice that offers many benefits to the soil as well as your plants. The most important benefit of mulch is that it helps to conserve moisture and keep the soil cooler during our long, hot summers. Mulch is also great at stopping unwanted weeds from sprouting in your landscape. A freshly mulched area is the finishing touch, like frosting on a cake. Mulching is pretty easy, but there are a few common mistakes that should be avoided.

When mulching around trees the most common mistake is applying mulch too close to the trunk. Prolonged exposure of the trunk to the moist mulch results in decay of the bark layer, leading to poor growth or death. When the mulch is properly applied, it should start a few inches away from the trunk and extend at least three feet from the base. The depth

of the mulch layer should be about three inches and no more than four inches. When mulching trees, keep in mind the mulch pile should look like a doughnut, not a volcano.

When mulching around shrubs follow the same depth guidelines as trees. When piling mulch around the base of the plant, place mulch a few inches away from the base. Shrubs look best in the landscape when large beds or groupings of plants are all mulched together. Remove any grass between the shrubs or other plants and mulch the grouping as a whole.

When mulching around flowers and vegetables a three-inch layer is recommended. A finer textured mulch could be used around flowers. Vegetable gardens are best mulched with materials such as straw, leaves, or grass clippings that will break down by the end of the season and can be incorporated into the soil.

When choosing what kind of mulch to use, that is a personal preference. All mulching materials that are organic, except rocks, provide the same basic function. The difference is in the texture, color, lasting power, and of course, cost. Trees and shrubs look good mulched with just about any material. Flower gardens look best against a darker color and finer grade of mulch. No matter what type of mulch you chose, it is important to follow these tips, not only for a beautiful landscape but for healthy plants as well.

## SQUASH BUGS

Have you ever had bugs eating your squash and pumpkin plants? If so, you probably have had squash bugs. Squash bugs are the grey, shield-shaped bugs that feed on your plants. If you have had problems with this insect in the past, you know that they are almost impossible to control when mature. This is because squash bugs have a hard body that an insecticide has difficulty penetrating. Thus, spraying when the insects are small is important. We will soon be seeing the nymphs of the first generation. These nymphs will eventually become adults, which will lay eggs that will become the second generation. The second generation is often huge and devastating. Therefore, it is important to control as many squash bugs in the first generation as possible.



Because squash bugs feed by sucking juice from the plant, only insecticides that directly contact the insect will work. General use insecticides such as permethrin (Bug-B-Gon Multi-Purpose Garden Dust, Green Thumb Multipurpose Garden and Pet Dust, Bug-No-More Yard and Garden Insect Spray, Eight Vegetable, Fruit and Flower Concentrate, Garden, Pet and Livestock Insect Control, Lawn & Garden Insect Killer), malathion, and methoxychlor provide control if a direct application is made to young, soft-bodied squash bugs. This means that you MUST spray or dust the underside of the leaves because this is where the insects live.

The easiest way to make sure you can control squash bugs is to scout for them. You will want to scout for them often, so while you are watering or weeding your garden, lift up the leaves of your squash plants and see what you find.

## AFRICAN SWINE FEVER OUTBREAK

Don't be surprised if you walk into your local grocer or meat locker in the near future and see increased prices on pork products. This increase can be partially due to the spread of African Swine Fever (ASF) in China and other Asian countries.

ASF is a viral infection that spreads easily and quickly in domestic and wild pigs. Virtually any pig infected with ASF will die from the disease. One of the reasons for the easy transmission of ASF is that it can live for a long period of time in the environment and in the meat of infected animals. This allows for the virus to be transported easily by humans and vehicles.

ASF was first identified in the early 1900's in Africa and has been around since. Many countries in Africa and Europe have battled the disease in the past. Recently, the disease has spread to new areas that have never experienced it before.

China had its first confirmed case of ASF in August of 2018. Since then, it has spread to every province in China. The disease has also spread to Mongolia, Vietnam, and Cambodia. It is tough to put a number on how many hogs have died in China, but China's National Bureau of Statistic estimates approximately 40 million have died and over one million have been euthanized. Those numbers will undoubtedly continue to rise. China is the largest producer of pork in the world at 53,400 metric tons in 2017. It more than doubles the European Union in pork production, which is second at 23,675 metric tons, followed by the United States at 11,610 metric tons. Some early estimates indicate China's pork production will decrease by 20%-30%. Although it is too early to tell, this would equate to a 10% reduction in the world pork production. This large reduction will have economic consequences around the world.

A large decrease in hogs on feed will likely decrease the demand for soybeans – which is something that will ultimately affect farmers in the Midwest with potentially lower costs for soybeans.

ASF has never made it to North America. If the US remains free and clear of ASF, domestic pork production is likely to reap the benefits. However, some experts are fearful that ASF will find its way into the US. This would be devastating for US hog producers.

The good news about ASF, if there is any, is it poses no threat to human health. There are no reasons to be fearful of consuming pork or pork products.

For more information call Brett Melton in the Concordia Office at 785-243-8185 or email [bmelton@ksu.edu](mailto:bmelton@ksu.edu).



## KANSAS MESONET LAUNCHES CATTLE COMFORT INDEX

The harsh conditions in Kansas this past winter have prompted one of the state's leading weather agencies to develop a tool that will help cattle producers in the future.

Officials with the Kansas Mesonet, a Kansas State University-based network of weather monitoring stations across the state, has announced the release of the Cattle Comfort Index, a tool that they say will help cattle producers better monitor the needs of their herds during normal and extreme weather conditions.

The tool is available at the mesonet website:

[mesonet.k-state.edu/agriculture/animal](http://mesonet.k-state.edu/agriculture/animal)

"We've already had a lot of negative impacts on the cattle industry because of the cold temperatures this winter," said Mary Knapp, the assistant state climatologist with Kansas Mesonet. "This tool will also look at extreme high temperatures."

The Cattle Comfort Index compiles such climatological factors as weather, humidity, solar radiation, wind speed and more to help producers determine the level of stress their animals may be experiencing at any given time.

"The index is driven by our five-minute data that is available from Kansas Mesonet," Knapp said. "It will be calculated real-time and updated on a regular basis so that producers can see how that will change during the day."

The climate information is gathered from each of the Mesonet's 61 reporting stations in Kansas. For each, the system reports the perceived comfort level of cattle in that area, from no stress, to mild, moderate and severe.

Knapp said, "the actual animal response to temperature stress will be dependent on a number of factors not accounted for in the index," including age, hair coat, health, body condition, micro-environment, and acclimatization.

"The index shown may start off at a reasonable comfort level in the morning, but as you get into the afternoon when the heat starts developing and the humidity hasn't abated, that's when you can get some of the heaviest stress on the livestock," she said. "A chart will show the level over time, but historical data is limited to the week, ending with the current day."

The tool was developed from research conducted at the University of Nebraska. The Kansas Mesonet website includes a map that shows conditions across the state and how that might play into risk for cattle.

For more information, interested persons may visit the Kansas Mesonet website, or call 785-532-7019.

### KAMS—Kansas Agricultural Mediation Services

Exploring Options—Generating Solutions

1-800-321-FARM (3276)

When you don't know where else to turn, call KAMS!

**RVED OFFICES WILL BE CLOSED**

**ON WEDNESDAY, JUNE 12**

**IN THE MORNING**

**FOR STAFF TRAINING.**

**WE ARE SORRY FOR ANY INCONVENIENCE.**



## RESEARCHERS UNCOVER BENEFITS OF MODIFIED STOCKING FOR COW-CALF PRODUCERS

Researchers at the Kansas State University Agricultural Research Center in Hays have found that a grazing system shown to be beneficial for the performance of steers also has great potential for cow-calf producers.

For several years, beef producers have capitalized on modified intensive early stocking, a grazing strategy that focuses on double-stocking steers in pastures for the first half of the summer and pulling the heavier steers off the grass later in the grazing season.

John Jaeger, a beef cattle scientist in Hays, said much of the research points to the fact that when steers were managed this way, producers reported a 26 percent increase in pounds of beef produced per acre, and their net returns increased by nearly 19 percent.

The research team of Jaeger and range scientist Keith Harmony set out to see if modified, intensive early stocking could similarly benefit cow-calf pairs.

“We’ve just completed our fourth year of data collection,” said Jaeger, noting that the project focused on weaning calves from the cow at an average of 150 days of age (the traditional time is 200 days), and increasing the early-summer stocking rate of cow-calf pairs to 1.45, compared to the normal 1.00 rate.

The results were astounding. “The first and most obvious thing is that we continue to see those early-weaned cows being about a half body-condition score better in October compared to conventionally weaned cows,” Jaeger said.

He adds, “the really good news from all this is that they are carrying that added body condition through the winter and they still have an advantage at calving. The following May, when they are being turned back out, they are still three-tenths of a body-condition score better than the cows that were conventionally weaned in October.

The bottom line, he notes, is that the research is showing an economic advantage for cow-calf producers who are willing to adjust their stocking rates early in the summer, much like what has been shown for many years with steers.

Jaeger notes that early-weaned calves in the modified early intensive stocking system “had about a 10 pound, 205-day adjusted weight advantage compared to the season-long stocked calves. We are getting 1.45 times more calves off the same amount of pasture compared to season-long stocked animals.”

The researchers also noted a benefit in pregnancy rates; cows in this system had a 10 percent greater first service conception rate and a 5 percent greater rate of conception compared to conventionally weaned cows.

“Perhaps one of the largest benefits of utilizing this system is that there was almost no incidence of bovine respiratory disease in calves weaned in late July and early August, compared to calves weaned at the more traditional time in October,” Jaeger said. He added that the researchers believe that warm, dry days and more consistent temperatures in late July and early August play a significant role in helping avoid the higher rates of bovine respiratory disease normally observed during fall weaning.

The results are “something that can be beneficial if a producer is retaining ownership on those calves,” Jaeger said. “Early-weaned calves that get a higher energy diet early in life tend to grade better, so if the cow-calf producer is retaining ownership, they should see those benefits in their grid payouts.

“In addition, by weaning late July or early August, if a producer is not retaining ownership, they have the potential of selling those calves before we see the traditional dip in the market when the majority of calves are being weaned.”

Many factors are involved, including weather and the availability of forage, but Jaeger said the research points to an economic opportunity for beef producers.

He encouraged cow-calf producers to contact their local extension agent to learn more on how to incorporate this into their operation, or the benefits of adjusting their stocking rates for cow-calf pairs.

Jaeger is also available to answer questions by calling 785-625-3425 or sending email to [jrjaeger@ksu.edu](mailto:jrjaeger@ksu.edu).

## POULTRY PULLORUM-TYPHOID TESTING CANCELLED

All poultry test for County Fairs in the River Valley Extension District have been cancelled due to a Nationwide shortage of antigen needed to conduct Pullorum-typhoid testing. Shows will go on as scheduled without the requirement of testing the birds prior to Fairs.

The following message is from Dr. Justin Smith, Health Commissioner with the Kansas Department Of Agriculture, “Although we still consider pullorum-typhoid testing important in maintaining Pullorum-clean poultry within Kansas, pullorum disease is rare. Due to this low risk of spread of pullorum disease, and the fact that the antigen for testing will not be available, KDA is waiving the requirement for pullorum-typhoid testing until October 1, 2019”

Please contact Brett Melton at the Concordia Office with any questions at 785-243-8185 or [bmelton@ksu.edu](mailto:bmelton@ksu.edu).

## River Valley District County Fair Dates

July 9-13	Cloud County Fair-Concordia
July 9-13	Clay County Fair-Clay Center
July 23-27	Washington County Fair
July 20-Aug. 3	NCK Free Fair-Belleville

## FARM BILL WORSHOP SEPTEMBER 10 - CONCORDIA

The River Valley and Post Rock Extension Districts will host a regional K-State Research and Extension Farm Bill meeting on Tuesday, September 10, 2019 from 1:00 to 4:30 p.m. at the Commercial Building on the Fairgrounds in Concordia.

Mark your calendar and plan to attend this very informative meeting with such topics as: overview of ARC and PLC, SCO and Farm Bill Changes to Crop Insurance, MYA Outlook for 2019-20 and 2020-21, and more.

Look for more details in upcoming newsletters. Contact Tyler Husa, RVED Crop Production Agent with any questions.

## SOYBEAN DISEASE MANAGEMENT IN SATURATED SOILS

The 2019 planting season may prove to be a difficult one with regards to soybean disease management. Many seed and seedling diseases proliferate and thrive when soil conditions are cool and saturated. “Several different pathogens can cause these diseases, and the most common tend to be *Fusarium*, *Rhizoctonia*, *Phytophthora*, and *Pythium*” (Malvick, 2019). Symptoms are usually evidenced with the lack of emergence in soybean fields or soybeans emerge, appear stunted, and then die. Although different diseases cause different symptoms, many of them can be difficult to distinguish due to the similarity of the symptoms exhibited by soybean plants.

- *Phytophthora*- may cause pre- and post-emergence damping off, but can attack and rot seeds. *Phytophthora* will often produce a tan to brown, soft, and often rotting tissue. At the soybean V1 stage (first trifoliolate completely unrolled), a soybean plant will often turn yellow, the stem becomes soft and bruised, and it will eventually die.
- *Pythium*- much like *Phytophthora*, *Pythium* can attack and rot seeds, before or after soybean emergence. Post-emergence damping off is primarily the result of wet soil conditions. Rots often appear to be brownish in color on soybean plants.
- *Rhizoctonia*- can damage seeds before or after emergence. A rusty-brown and/or sunken lesion, on the lower part of the stem or root, is an identifying characteristic of *Rhizoctonia*. “The infections can be superficial and cause no noticeable damage, or they can girdle the stem and stunt or kill plants” (Malvick, 2019).
- *Fusarium*- spread throughout the root system and may make the root system appear condensed. Unusual root growth, near the soil surface, may result if taproot has been infected or damaged.

Furthermore, properly identifying soybean seed and seedling diseases prove to be most crucial for a proactive disease management program. Much of the time, these diseases can be reduced when seeds are planted in well-drained, non-compacted fields. Adequate soil temperature, to induce timely growth and emergence, is beneficial for plant vigor when conditions are more conducive for disease growth. Seed treatments containing two or more active ingredients often provide the best results. For *Pythium* and *Phytophthora*, products containing metalaxyl (Allegiance<sup>®</sup>) or mefenoxam (ApronXL<sup>®</sup>) should be utilized. “Products containing fludioxonil (Maxim<sup>®</sup>) or a strobilurin product (azoxystrobin, trifloxystrobin, or pyraclostrobin) may help to reduce damage from true fungi such as *Fusarium* and *Rhizoctonia*” (Malvick, 2019).

For more information, contact Tyler Husa, Crop Production Agent in the Concordia Extension Office by calling 785-243-8185 or emailing [thusa@ksu.edu](mailto:thusa@ksu.edu).

### Reference:

Malvick, D. (2019). *Soybean seed and seedling diseases*. Retrieved from University of Minnesota Extension: <https://extension.umn.edu/pest-management/soybean-seed-and-seedling-diseases>

## THE COMPLICATIONS FROM HEAVILY CRUSTED SOIL

With high amounts of moisture throughout this winter and spring, we are currently seeing heavy crusting in soils. “Physical soil crusts are the result of the physical degradation of the surface soil and may be classified as structural or depositional” (Sjoerd Willem Duiker, 2017). Structural degradation of soil aggregates cause the soil to become very compacted and “run together.” “A soil crust is more likely to develop on fine-textured soils, soils low in organic matter and tilled fields where surface residue levels are not sufficient to protect the soil aggregates from raindrop impact” (Stanton, 2018). When soil crusting is an issue, poor emergence and even death can occur in crops that undergo epigeal emergence (i.e. soybeans). Although soil crusting, after extremely heavy precipitation, is inevitable, there are several methods to help alleviate and even prevent soil crusting.

First of all, one of the best practices, if possible, is to not till or plant when conditions are too wet. The soil is an appropriate till when it can be placed and squeezed in the hands, clumped together, yet break apart into the original condition. Soil in the appropriate till helps to reduce compaction, thus minimizing crusting. A second consideration, with regards to planting, is to decrease planting depth and lift row cleaners to maintain residue cover over the crop. Additional residue helps to prevent destruction of soil aggregates by absorbing the impact from rain drops.

In addition to planting, being cognizant of field conditions once fields have been planted is vital for plant emergence. More times than not, it seems the moisture shuts off and the summer heat comes early, once crops have been planted. The heat and lack of moisture exacerbates crusting, especially if a crop was planted in too wet conditions. If a crust develops, and the field has irrigation capabilities through center pivot, a light amount of precipitation can assist with emergence. Another way to alleviate crusting is through the use of a rotary hoe. Rotary hoes are helpful when crusting occurs in fields with a conventional tillage system. Use caution when rotary hoeing soybeans that are beginning to emerge, and be sure to rotary hoe in the same direction as the rows; doing so during the heat of the day when plants are less brittle. Rotary hoeing should be avoided for soybean plants that have the hypocotyl exposed (neck of the soybean in the “crook” stage).

Lastly, one of the best ways to mitigate crusting is through prevention. The planting of cover crops and/or leaving residue on soil surface assists in dampening the impact from rain drops, allowing for the continued stability of soil aggregates. Checking soil till, especially in soils primarily comprised of clay, also helps to prevent soil crusting.

For more information, contact Tyler Husa, Crop Production Agent in the River Valley District, Concordia Office.

### References:

Sjoerd Willem Duiker, P. C. (2017, September 7). *Soil Crusting*. Penn State Extension: <https://extension.psu.edu/soil-crusting>

Stanton, M. (2018, May 10). *Improving soybean emergence in soils prone to crusting*.

Michigan State University Extension:

<https://www.canr.msu.edu/news/>

[improving soybean emergence in soils prone to crusting](https://www.canr.msu.edu/news/improving-soybean-emergence-in-soils-prone-to-crusting)

## NATIONAL FESTIVAL OF BREADS

As fair season is near, the National Festival of Breads is a perfect event for 4-H youth, leaders, parents, and judges to attend on Saturday, June 8, at the Hilton Garden Inn Convention Center and Blue Earth Plaza in downtown Manhattan. Doors open at 8:30 a.m. with live judging. The awards program is at 3pm.

Watch the eight finalists from across the U.S. bake their winning yeast bread recipes. Sample each bread and vote for your favorite! If you want to learn how to make a purple ribbon yeast bread, come listen to national cookbook authors, chefs, and baking instructors who will demonstrate baking techniques. There will be plenty of bread samples, children's activities, vendors and food trucks. Register to win a red, KitchenAid Professional Mixer or John Deere toy harvesting set. Admission is FREE with a non-perishable food donation at the door. Military appreciation gifts of homemade bread and honey will be given to the first 200 families with military ID. For more information and a detailed schedule, visit [www.NationalFestivalofBreads.com](http://www.NationalFestivalofBreads.com) and at National Festival of Breads on Facebook. Social Media popular choice voting for your favorite finalist's bread recipe runs May 24 – June 7. The National Festival of Breads title sponsors are the Kansas Wheat Commission, King Arthur Flour, and Red Star Yeast.



## WRITING GRANTS FOR COMMUNITY IMPROVEMENT

It is said often, "I am not a grant writer." The truth is, anyone can be a grant writer, but to be successful, one must follow a few simple rules.

1. Only apply to funders where your project matches their mission. You are more likely to get funded if you are helping the funding source achieve their goals!
2. Don't chase money, chase outcomes! The best applications have specific, measureable, achievable, realistic, and timely goals. You must clearly identify: what is the problem you are trying to solve, what change is possible, how your organization can achieve this change, how will you know you have been successful,
3. Identify the problem you are trying to solve with who is affected, how they are affected, and what is the magnitude of the problem or how many are affected. You must show why it is important and document with local, regional, state, and national data. Make NO assumptions!
4. Make sure you can service the grant. Can you actually achieve what you say you plan to do? Do you have the financial resources to complete the project and then get reimbursed? Can you document the outcomes that you have promised and submit timely and accurate reports?
5. Don't forget the budget. Be accurate and complete and use the format required by the funder.

These tips can help improve your chances of success.

## RVED WHEAT VARIETY PLOT TOURS

### JUNE 5th AND JUNE 6th

It is finally spring again, which means it is time to be thinking about the River Valley Extension District's 2019 Wheat Variety Plot Tours.

This year's tours will be held on Wednesday, June 5, and Thursday, June 6 at various locations and will feature K-State Agronomy specialists: Romulo Lollato, Stu Duncan, and Erick DeWolf to address wheat production questions.

We will promptly begin at 8:30 AM, on June 5, at the NCK Experiment Field located 1.25 miles west of Belleville on US Hwy. 36. From there, we will move to LeClair Seed's wheat plot near Clyde, Kansas and finish off the evening at Polansky Seed, ½ mile east of Belleville on Hwy. 36. On Thursday, June 6, we will begin the plot tours at a Clay County cooperator's field, ¼ mile East of Idana, Kansas on 16<sup>th</sup> Road. The tours will conclude that evening following the Ohlde Seed Variety Trial Plots near Palmer, Kansas.

Events are free and open to the public, RSVP's are not required, and food and refreshments will be provided at each of the locations.

Flyers, with location details and sponsors, will be available at all four of our county offices. For additional questions or information contact Tyler Husa, RVED Crop Production Agent at 785-243-8185 or by email at [thusa@ksu.edu](mailto:thusa@ksu.edu).



### Wednesday, June 5<sup>th</sup>

**8:30 a.m. NCK Experiment Field—Belleville**  
Location: 1.25 miles W of Belleville on US Hwy. 36  
Breakfast: Juice and Kolache provided by:  
Belleville Chamber & Main Street/Astra Bank

**12:00 Noon LeClair Seed & Clifton/Clyde FFA**  
Location: 2 mi. south of Clyde on 280 Rd., then  
1 mi. east on Quail Rd.,  
¼ mi. north on 290 Rd.  
Lunch: Provided by:  
Clifton/Clyde FFA & LeClair Seed

**6:00 p.m. Polansky Seed**  
Location: Polansky East Location  
1/2 mile east of Belleville on Hwy 36  
Supper: Provided by Polansky Seed at the East Plant,  
US Hwy 36 following tour

### Thursday, June 6<sup>th</sup>

**10:30 a.m. Tom Meek Farm**  
Location: ¼ mi. East of Idana, Kansas on 16<sup>th</sup> Road  
Breakfast: Juice and Rolls

**6:00 p.m. Ohlde Seed**  
Location: ½ mi. W of the Ohlde Seed on 4<sup>th</sup> Rd.  
Supper: Provided by Ohlde Seed following the tour



## YOUTH FARM STRESS

### The Farm Economy Affects Kids Too

Stress on the farm can come from a number of factors such as low commodity prices, weather events, farm debt, animal and crop issues, illness, and injury to name a few. These stresses often carry over into the personal lives of farmers and farm families. As a result, youth may experience stress from the farm situation but are often overlooked when seeking help and answers.

This stress may affect youth emotionally, physically, and socially. Signs of emotional stress might include: acting out of character physically or verbally, mood swings, depression, excessive sleeping, lack of motivation, or anxiety. Signs of physical stress might include: excessive tiredness, trouble sleeping, headaches, tension in back or neck, excessive sickness or absenteeism, butterflies in stomach, and use of drugs and alcohol. Signs of social stress might include: change in normal routines, change in temperament, change in behavior, change to friends who influence in negative ways, loss of interest in extracurricular activities, and isolation.

Youth may be hesitant to verbalize the need for assistance when dealing with the effects of farm stress. It is important for adults to communicate with youth, letting them know the situation of the farm finances. Otherwise, youth will observe the stress in adults and may develop “worst-case” scenarios in their mind, causing increase in stresses.

Adults can help by taking time and creating opportunities for conversation, use open-ended questions to get youth talking, listen without problem solving or judgement, encourage physical activity, use and encourage positive talk, create space for kids to be kids, and provide healthy snacks and meals.

Together, farm families can do a number of things to reduce stress and improve family bonds and relationships. Make a family pact to avoid caffeine and make healthy choices when eating. Set aside time to learn and practice mindfulness and breathing techniques. Many of these techniques can be used throughout the course of a normal day and really don't add anything to an already full plate. Set aside time for family. Talk, really talk, without electronics, about things that matter. Just because things are stressful on the farm does not mean that you should not be allowed to have fun. Laughter stimulates a number of positive responses in our bodies and laughter truly is the best medicine! Do things together as a family such as cooking meals, community or church social activities, sports events, hiking, or visit a museum or theater. Along with laughing, positive self talk is important. Tell yourself daily that you are worthy and you are capable. Commit yourself to adequate sleep. Don't forget community service. No matter what is going on, each person in the community has a valuable talent to give. Giving of your time with no expectation of thanks is very fulfilling and may not cost any money to do.

Finally, most youth are very resilient, they bounce back quickly and may turn into a valuable resource for the family. Youth can help reduce family stress by: doing chores, helping siblings with homework, helping plan and prepare family meals, doing laundry, preparing lunches for events, and helping to remind parents to have fun.

Source: Weathering the Storm, Michigan State University

## THE SILENT EPIDEMIC

### A Real Story of Victory over Severe Depression

Listen to the story of a winning basketball coach's greatest victory, overcoming severe depression, Mark Potter is a former head basketball coach, teacher, husband, and father. You will have the opportunity to watch Mark share his moving, personal testimony that will stick with you forever. He will



tell you about his season with depression, during the height of his basketball coaching career. Mark will also motivate, engage, and inspire you while providing practical ideas for wellness.

Nanette, Mark's spouse, will also be joining him and she will share about her role as a caregiver and what you can do to help someone you love who may have similar struggles. The two of them together bring the battle of severe depression full circle. Their presentation will encourage and help provide new positive outlooks on circumstances you or your loved ones may be facing. Caregivers are encouraged to bring their family members and friends who may be dealing with depression.

Mark Potter will be joining us in the River Valley District on two different dates – you don't want to miss hearing his story!

Save the dates and be our guest at

either event on:

**Tuesday, August 13<sup>th</sup> at 7:00 p.m. in the Family Life Center, 5<sup>th</sup> & Clark, Clay Center**

**Monday, November 18<sup>th</sup> at 6:30 p.m. in the Blair Theater, 1310 19<sup>th</sup> St., Belleville**

The Silent Epidemic is sponsored by a Culture of Health Grant and K-State Research & Extension: River Valley District. For more information contact Distract Agent, Deanna Turner, in the Clay Center Extension Office at 785-632-5335 or District Agent Sonia Cooper, in the Washington Extension Office at 785-325-2121.

Take the first step, come to The Silent Epidemic, and listen to Mark's encouraging words!



**River Valley Extension District**Washington Office  
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PERMIT NO. 3****Address Service Requested****RIVER VALLEY DISTRICT  
"2019 UP-COMING MEETINGS & EVENTS"**

<b>DATE</b>	<b>TIME</b>	<b>PROGRAM</b>	<b>LOCATION</b>
June 5	8:30am	Wheat Plot Tour	Belleville-NCK Experiment Field
June 6	10:30am	Wheat Plot Tour	Idana- Tom Meek farm, 1/4 mile east on 16th Road
June 11	7pm	How to Control Bagworms	Belleville- 4-H Building-Fairgrounds
June 12	AM	RVED Offices Closed for Training	Offices open in the afternoon
June 20	8:30-5:00pm	Adult Mental Health First Aid Training	Washington-FNB Basement Mtg. Room
June 25	6:30pm	Exhibiting Fruits, Vegetables, & Flowers at the Fair	Clay Center-4-H Building-Fairgrounds
June 26	6:30pm	Exhibiting Fruits, Vegetables, & Flowers at the Fair	Concordia-Commercial Bldg.-Fairgrounds
July 9-13		Cloud County Fair	Concordia-Fairgrounds
July 9-13		Clay County Fair	Clay Center-Fairgrounds
July 15	5:30pm	Exhibiting Fruits, Vegetables, & Flowers at the Fair	Belleville-4-H Building-Fairgrounds
July 16	5:30pm	Exhibiting Fruits, Vegetables, & Flowers at the Fair	Washington-WS County High School
July 23-27		Washington County Fair	Washington-Fairgrounds
July 20-Aug 3		NCK Free Fair	Belleville-Fairgrounds
Aug 12-Oct 2		Stay Strong Stay Healthy	TBD
Aug 13	7pm	The Silent Epidemic-Victory Over Depression	Clay Center-Family Life Cntr.-5th & Clark